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## The H2O Diet: How to Eat, Exercise, Drink and Dream (Paperback)

By Gene Coates M a

Booksurge Publishing, 2007. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Pair it with your favorite diet and double your weight loss results! The H2O Diet or Water Diet presents an authentic and permanent weight-loss strategy to naturally redirect your eating and drinking, allowing you to regain a healthy body and spirit. Combined with your favorite diet, The H2O Diet Book can help you double your weight loss results. With this diet, you will love the way you feel. By drinking water at the right times to keep your body hydrated and burning fat--even after you enjoyed your favorite meals--you will feel lighter and more energetic. Love the way you look. Before you take your shower every morning, do your daily 3-to-5-minute exercise routine to tone the muscles in your face, breasts or chest, arms and legs, etc., to make you look more attractive and younger. Be healthy. By drinking the water you need and eating a healthy diet, you will flush the toxins from your body and will feel much healthier. This is a book to keep on your night table to help you stay fit and slim all year long. Always remember...



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